

Commit to Quit

Brief Program Description

Commit to Quit is a smoking cessation intervention designed to determine if exercise helps sedentary women when combined with a cognitive-behavioral cessation program. The program, which was designed for sedentary women, consists of a 12-session cognitive-behavioral smoking cessation program that provides information on handling stress, goals, expectations, and a path toward quitting. In addition, women in the Commit to Quit treatment group also were required to complete 40 to 50 minutes of supervised aerobic activity three times per week. The rationale behind the study is that exercise may aid in cessation efforts by serving as both an alternative to smoking and by reducing weight gain and fear of weight gain associated with smoking cessation.

Data on smoking status were obtained through self-reports, carbon monoxide breath tests and saliva cotinine levels. Women who participated in the exercise plus cognitive-behavioral program (exercise group) were significantly more likely than women who participated in the cognitive-behavioral program only (control group) to be continuously abstinent during the 8 weeks of treatment following quit day.

The program was tested with women between the ages of 18 and 65 who had smoked 10 or more cigarettes per day for at least 3 years and who had exercised less than twice a week for at least 6 months. Women were recruited from The Miriam Hospital in Providence, RI. The women were 40 years of age on average, 91.8% White, 4.6% African American, 0.7% Hispanic/Latino, 1.4% Asian American, and 1.4% American Indian/Alaskan Native.

Program Development Support

The program contributors include Bess H. Marcus, Ph.D.; Anna E. Albrecht, RN, M.S.; Teresa King, Ph.D.; Alfred Parisi, M.D.; Bernadine Pinto, Ph.D.; Raymond Niaura, Ph.D.; and David Abrams, Ph.D. In addition, Paul Thompson, M.D.; Steve Blair, PE.D.; Joseph Hogan, Sc.D. contributed to the trial, as did Beth Bock, Ph.D.; Belinda Borrelli, Ph.D.; Regina Traficante, Ph.D.; and Janice Tripolone.

Contact Information

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